

WELLBEING CAPABILITIES WHEEL

Six Ways to Be Well

Mark on the wheel with a cross how you are doing for each of the wellbeing capabilities

Be Aware -
taking notice of
how I feel and
what's around
me



Nurture Myself - looking after my
body and mind



Be Active -
moving my body
every day



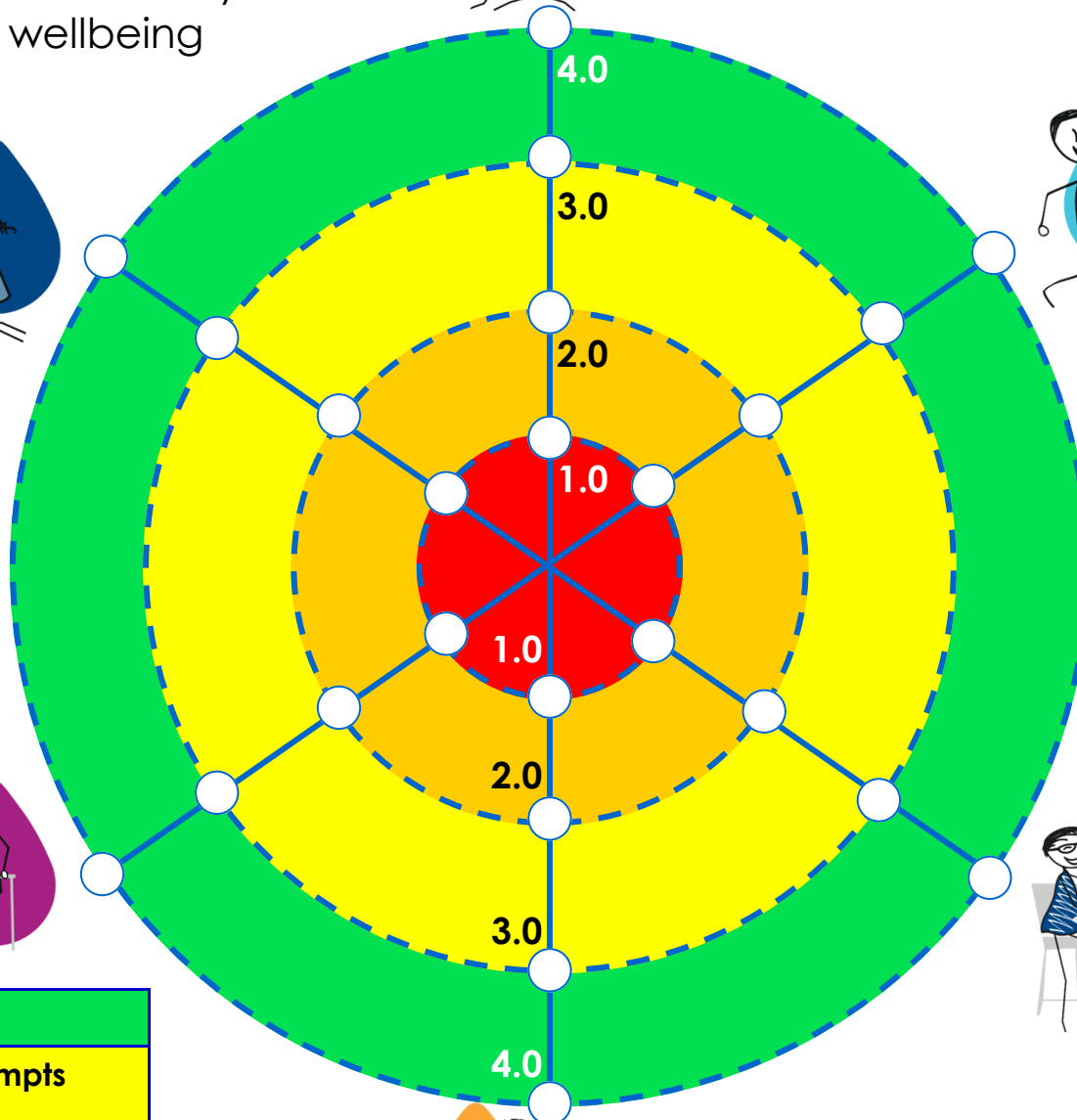
Be Kind - to
myself and to
other people



Belong - being
connected to a
supportive wider
community



Enjoy and Learn - having
work and / or hobbies that I enjoy



4.0	I'm doing this well
3.0	I need help to make my attempts second nature
2.0	I'm motivated but don't know where to start
1.0	I'm struggling with this

What did you score for each Wellbeing Capability?

- Start with the theme where you had the lowest score.
- Use the table below to think about making a change.
- Use the 'Six Ways to Be Well' Planner to write down what you want to do.

1.0

I'm struggling with this

- How important is it for you to change?
- What's good about your current situation? Is there anything you enjoy about it?
- If you stay the same, what is your future going to look like?
- If you make a change, what might the future look like then?

2.0

I'm motivated but don't know where to start

- What things have you already done?
- What are you going to do and when? Set a small goal that is specific and that you can achieve.
- If you don't achieve it, what will you do then? Make sure you review your goals and find ways of overcoming any problems.

3.0

I need help to make my attempts second nature

- What things in your environment might make changing easier?
- Could you change anything in your environment to help you form a new habit?
- Think of some healthy ways of rewarding yourself.

4.0

I'm doing this well

Well done! Make sure you recognise when you're doing things well – positive thinking can help you to feel better.